

TRICARE Extended Care Health Option (ECHO)



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This flyer is **not** intended to be all-inclusive. For additional information, please contact your regional contractor, local military treatment facility, or TRICARE Area Office.

ECHO Eligibility

TRICARE ECHO provides financial assistance **only** for active duty family members* with specific qualifying mental or physical conditions, including:

- Diagnosis of a neuromuscular developmental condition or other condition in an infant or toddler expected to precede a diagnosis of moderate or severe mental retardation or serious physical disability
- Extraordinary physical or psychological condition causing the beneficiary to be homebound
- Moderate or severe mental retardation
- Multiple disabilities (*may qualify if there are two or more disabilities affecting separate body systems*)
- Serious physical disability

Eligible beneficiaries must be enrolled in the Exceptional Family Member Program (EFMP). Each service branch has its own EFMP and enrollment process. Under certain circumstances, this requirement may be waived. To learn more, contact your service branch's EFMP representative or visit www.tricare.mil.

If you or your provider believes a qualifying condition exists, call your regional contractor to determine eligibility. If overseas, contact your military treatment facility (MTF) or TRICARE Area Office (TAO).

** Some children may remain eligible for ECHO beyond the usual age limits if the sponsor remains on active duty. The sponsor's service branch determines continued eligibility. For details about recording a family member's disability in the Defense Enrollment Eligibility Reporting System (DEERS), visit www.tricare.mil/deers.*

ECHO Benefits

ECHO provides benefits **not** available through the basic TRICARE program, such as coverage for:

- Assistive services (*e.g., those from a qualified interpreter or translator*)
 - Durable equipment, including adaptation and maintenance
 - Expanded in-home medical services through TRICARE ECHO Home Health Care (EHHC)
 - Medical and rehabilitative services
 - In-home respite care services (*can **only** be used in a month when at least one other ECHO benefit is being received*):
 - ECHO respite care—up to 16 hours per month (*limited to the 50 United States, the District of Columbia, Puerto Rico, the U.S. Virgin Islands, and Guam*)
 - EHHC respite care—up to eight hours per day, five days per week for those who qualify
- Note:** The EHHC benefit cap is equivalent to what TRICARE would reimburse if the beneficiary was in a skilled nursing facility
- Training to use assistive technology devices
 - Institutional care when a residential environment is required
 - Special education (*which can include applied behavioral analysis*)
 - Transportation under certain limited circumstances (*includes the cost of a medical attendant when needed to safely transport the beneficiary*)



Registration and Use of ECHO

- **Register with your regional contractor:** Provide documentation that your family member is an eligible beneficiary with a qualifying condition and enrolled in the EFMP. Once registration is completed, the DEERS record will be modified to indicate ECHO eligibility.
- **Use public funds and facilities first:** Many communities offer funds or programs for people with disabilities. If adequate public assistance is not available, you must include with your request for benefits a *Public Facility Use Certification* letter from either the commander of the local MTF or an authorized administrator of the public facility explaining why public assistance is unavailable or insufficient.
- **Obtain prior authorization:** Your regional contractor **must** authorize all ECHO benefits in advance.
- **Select TRICARE providers:** All services, supplies, and equipment must be received from a TRICARE-authorized provider. Beneficiaries enrolled in a TRICARE Prime option who receive ECHO benefits must also comply with their program's requirements (e.g., *use a primary care manager for routine care and obtain referrals for specialty care*).
- **If your active duty sponsor is reassigned:** You must obtain **new** ECHO benefit authorizations before receiving services at a new location. Contact your regional contractor, local MTF, TAO, or case manager **before** you move to ensure a smooth transition.

For additional information and guidance on ECHO policy, contact your regional contractor or TAO.

ECHO Costs

Active duty sponsors pay a cost-share that is based on their pay grade and separate from other TRICARE program cost-shares. The monthly cost-share is one fee per sponsor, not per ECHO beneficiary.

Sponsor's Pay Grade	Monthly Cost-Share
E-1 to E-5	\$25
E-6	\$30
E-7, O-1	\$35
E-8, O-2	\$40
E-9, WO/WO-1, CWO-2, O-3	\$45
CWO-3, CWO-4, O-4	\$50
CWO-5, O-5	\$65
O-6	\$75
O-7	\$100
O-8	\$150
O-9	\$200
O-10	\$250

The maximum government cost-share is \$36,000 per fiscal year (*October 1–September 30*)* for training, rehabilitation, special education (*which can include applied behavioral analysis*), assistive technology devices, institutional care, and transportation to and from institutions or facilities (*under certain limited circumstances*). The maximum cost-share for all other ECHO benefits combined is \$2,500 per month.

Sponsors are responsible for the cost of ECHO benefits that exceed the above limits.

Note: The EHC is **not** subject to the \$2,500 per month or \$36,000 per fiscal year maximum government cost-share. The sponsor's cost-share does not count toward the annual catastrophic cap. ECHO costs cannot be shared between family members.

* This increased cap is retroactive to October 14, 2008.

For Information and Assistance

TRICARE North Region Health Net Federal Services, LLC 1-877-TRICARE (1-877-874-2273) www.healthnetfederalservices.com	TRICARE South Region Humana Military Healthcare Services, Inc. 1-800-444-5445 (ask to speak to your area's ECHO case manager) www.humana-military.com	TRICARE West Region TriWest Healthcare Alliance Corp. 1-888-TRIWEST (1-888-874-9378) (ask to speak to your area's ECHO case manager) www.triwest.com
TRICARE Area Office—Europe 1-888-777-8343, option 1 Comm.: 011-49-6302-67-7433/7434 www.tricare.mil/europe	TRICARE Area Office—Latin America and Canada 1-888-777-8343, option 3 Comm.: 1-706-787-2424 www.tricare.mil/tlac	TRICARE Area Office—Pacific 1-888-777-8343, option 4 Comm.: 011-81-6117-43-2036 www.tricare.mil/pacific
Defense Enrollment Eligibility Reporting System (DEERS)—Update Information Phone: 1-800-538-9552 Fax: 1-831-655-8317 www.tricare.mil/deers	Exceptional Family Member Program Information www.militaryhomefront.dod.mil/efm TRICARE ECHO Web Site www.tricare.mil/echo	TRICARE Web Site www.tricare.mil Military Health System Web Site www.health.mil

An Important Note about TRICARE Program Information

At the time of printing, this information is current. It is important to remember that TRICARE policies and benefits are governed by public law and federal regulation. Changes to TRICARE programs are continually made as public law and/or federal regulation are amended. **Military treatment facility guidelines and policies may be different than those outlined in this publication.** For the most recent information, contact your TRICARE regional contractor, TRICARE Service Center, or local military treatment facility.

Please provide feedback on this flyer at www.tricare.mil/evaluations/feedback.